



# MSU Extension Presents: Building Early Emotional Skills Online Webinar Series

## Class Information

### Dates:

January 9  
January 16  
January 23  
January 30

**\*Note: This is a FREE series class and participants should plan on attending all four weeks.**

### Time:

11:30 AM-1:00 PM EST

### Download Zoom:

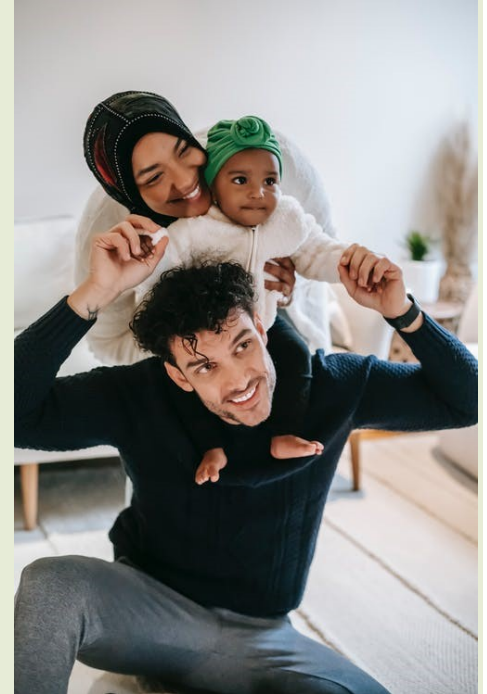
[https://zoom.us/  
download](https://zoom.us/download)

### Location:

**This class is an online webinar. The link to join the webinar will be sent after registration is complete.**

Are you having trouble with biting, tantrums or the "terrible twos?" Building Early Emotional Skills (BEES) is a four-week class for primary caregivers of children 0-3 that teaches about how young children develop social emotional skills and helps give caregivers skills to deal with the stress of caring for children and help their children develop strong social emotional skills. BEES will help you learn about:

- Your child's temperament and stress
- Your triggers and how to manage them
- Being reflective about feelings and emotion coaching
- Reducing biting, conflict and frustration and handling tantrums
- Building a solid foundation for tomorrow



### Participation Information:

Certificates for participation are provided upon completion of the series. In order to receive a certificate, participants must actively participate in the webinars. Contact instructor for more information.

Registration: [https://  
msu.co1.qualtrics.com/jfe/form/  
SV\\_6yF1VKygN3R8Doq](https://msu.co1.qualtrics.com/jfe/form/SV_6yF1VKygN3R8Doq)

For information or accommodations\* contact:

**Courtney Aldrich, Program Instructor**

**Email:** [aldric82@msu.edu](mailto:aldric82@msu.edu)

\*Accommodations must be requested 2 weeks prior to start of series

